


5th & 6th		Dribbling			
	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.			
	Work Ethic/Hardwork				
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Time	Skill	Drills	Teaching Points	Time Per Drill	Video Assistance
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:34	Dribbling	Taps	Warm hands and fingers up, not holding the ball	3 Minutes	<a href="#">Video Assistance</a>
		Stationary 2-Ball	Low Med High	5 Minutes	<a href="#">Video Assistance</a>
		Retreat Drill	Protect the ball, Eyes up	5 Minutes	<a href="#">Video Assistance</a>
		Agility Ladder Course	Footwork and Eyes Up	10 Minutes	<a href="#">Video Assistance</a>
WATERBREAK					
:35-:43	Dribbling	Retreat Drill	Arm Guarding ball, Eyes up	8 Minutes	<a href="#">Video Assistance</a>
WATERBREAK					
:44-:54	Dribbling	Battle Royal	Encourage quick decision-making and court vision	10 Minutes	<a href="#">Video Assistance</a>
WATERBREAK					
:54-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			
<b>Equipment Needed:</b> Age Appropriate Basketball (28.5) Cones Agility Ladder					

5th & 6th		Shooting			
	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.			
	Confidence				
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Time	Skill	Drills	Teaching Points	Time Per Drill	Video Assistance
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:21	Shooting	Lay Ups	Proper Footwork and Using the backboard	5 Minutes	<a href="#">Video Assistance</a>
		Chase Lay up	Encourage proper form and concentration	5 Minutes	<a href="#">Video Assistance</a>
WATERBREAK					
:22-:42	Shooting	Form Shooting	Emphasize accuracy over power	5 Minutes	<a href="#">Video Assistance</a>
		Catch & Shoot	Emphasize catching the ball in shooting position and quickly getting the shot off.	5 Minutes	<a href="#">Video Assistance</a>
		7 Spot	Focus on maintaining balance and footwork while shooting on the move.	10 Minutes	<a href="#">Video Assistance</a>
WATERBREAK					
:43-55	Game	Scrimmage		10 Minutes	
		Free Throws	Form and making free throws when tired	2 Minutes	
WATERBREAK					
:55-:59	Cool Down	Static Stretching	Ensure proper cooldown		
:59-:60	Confidence Building	CUBS building CUBS			
<b>Equipment Needed:</b> Age Appropriate Basketball (28.5) Cones Pennies					

5th & 6th		Defense			
	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.			
	Teamwork				
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Time	Skill	Drills	Teaching Points	Time Per Drill	Video Assistance
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:21	Defensive Stance & Footwork	Stance	Stable Base & Feet Straight Ahead , Hips Back & Knees Bent	5 Minutes	<a href="#">Video Assistance</a>
		Spot/Slides	Stand on the Balls, Drop Your Hips and Bend Your Knees	5 Minutes	<a href="#">Video Assistance</a>
WATERBREAK					
:22-:27	Close outs	Close out drills	Set up cones or markers on the perimeter. Players start in the paint and close out on the cones, working on proper technique and closing out under control.	5 Minutes	<a href="#">Video Assistance STOP @ 0:43</a>
WATERBREAK					
:28-:38	Rebounding	Form Boxes	Boxing out techniques and securing rebounds.	5 Minutes	<a href="#">Video Assistance</a>
		Partner box out	Making contact, Stay big	5 Minutes	<a href="#">Video Assistance</a>
WATERBREAK					
:39-:44	Defense	Switch Up	Choppy feet, Slide and Positioning	5 Minutes	<a href="#">Video Assistance</a>
WATERBREAK					
:45-:55	Games	Scrimmage	Apply learned defensive skills	10 Minutes	
WATERBREAK					
:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			
<b>Equipment Needed:</b> Age Appropriate Basketball (28.5) Cones Pennies					

5th & 6th		Passing & Defense			
#	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.			
Time	Skill	Drills	Teaching Points	Time Per Drill	Video Assistance
:00-:10	Warm-Ups	Jogging			
		Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:31	Passing Fundamentals	Demonstration	Basic passing and reciving techniques		
		Bounce Pass	Encourage them to aim for the midsection of their partner and use a controlled bounce	5 Minutes	<a href="#">Video Assistance STOP @ 1:17</a>
		Chest Pass	Accuracy and proper technique, including stepping into the pass and using both hands. Thumbs Down	5 Minutes	<a href="#">Video Assistance STOP @ 2:08</a>
		Overhead Pass	Emphasize using both hands, extending the arms fully, and making accurate passes	5 Minutes	<a href="#">Video Assiastance STOP @ 3:11</a>
		15	Strong confident passes focusing on fundamentals	5 Minutes	<a href="#">Video Assistance STOP @ 2:15</a>
WATERBREAK					
:32-:47	Defense				
		Stance & Footwork	Knees slightly bent, arms active, and feet shoulder-width apart	5 Minutes	<a href="#">Video Assisatnce STOP @ 2:09</a>
		Mirror	Active hands and quick reactions.	5 Minutes	<a href="#">Video Assistance</a>
WATERBREAK					
:31-:39	Games				
		Endzone	Quick Decision making strong passes	10 Minutes	<a href="#">Video Assistance</a>
WATERBREAK					
:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			
<b>Equipment Needed:</b> Age Appropriate Basketball (28.5) Cones Pennies					

5th & 6th		Passing & Shooting			
	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.			
	Respect				
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Time	Skill	Drills	Teaching Points	Time Per Drill	Video Assistance
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:21	Passing	Passing Fundamentals	Chest Bounce Overhead	5 Minutes	<a href="#">Video Assistance STOP @ 1:17</a>
		Partner Passing	Focus on strong accurate passes to partners	5 Minutes	<a href="#">Video Assistance STOP @ 2:08</a>
WATERBREAK					
:21-:41	Shooting	Form Shooting	Focusing on footwork, hand placement, and follow-through	5 Minutes	<a href="#">Video Assistance</a>
		Post Pass Drill	Strong Pass, Hard Cuts	5 Minutes	<a href="#">Video Assistance</a>
		Quickdraw	Quick Decision making, Proper shooting for,	10 Minutes	<a href="#">Video Assistance</a>
WATERBREAK					
:42-:52	Games	Scrimmage		10 Minutes	
WATERBREAK					
:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			
<b>Equipment Needed:</b> Age Appropriate Basketball (28.5) Cones Pennies					

5th & 6th		Fundamentals			
	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.			
	FUN				
#					
Time	Skill	Drills	Teaching Points	Time Per Drill	Video Assistance
:00-:11	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:19	Dribbling	Taps Stationary 2-Ball	Warm hands and fingers up, not holding the ball Low Med High	3 Minutes 5 Minutes	<a href="#">Video Assistance</a> <a href="#">Video Assistance</a>
WATERBREAK					
:20-:35	Passing	Bounce Pass Chest Pass Diamond Passing	Encourage them to aim for the midsection of their partner and use a controlled bounce Accuracy and proper technique, including stepping into the pass and using both hands. Thumbs Down Focus on accurate passes and correct pivoting	5 Minutes 5 Minutes 5 Minutes	<a href="#">Video Assistance STOP @ 1:17</a> <a href="#">Video Assistance STOP @ 2:08</a> <a href="#">Video Assistance</a>
WATERBREAK					
:36-:46	Shooting	Lay Ups Form Shooting	Proper Footwork and Using the backboard Emphasize accuracy over power	5 Minutes 5 Minutes	<a href="#">Video Assistance</a> <a href="#">Video Assistance</a>
WATERBREAK					
:47-:55	Defense	Spot/Slides Switch Up	Stand on the Balls, Drop Your Hips and Bend Your Choppy feet, Slide and Positioning	3 Minutes 5 Minutes	<a href="#">Video Assistance</a> <a href="#">Video Assistance</a>
WATERBREAK					
:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			
<b>Equipment Needed:</b> Age Appropriate Basketball (28.5) Cones					

5th & 6th		Games & Situations			
	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.			
	Perseverance				
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Time	Skill	Drills	Teaching Points	Time Per Drill	Video Assistance
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:21	Ball handling	Jailbreak		10 Minutes	<a href="#">Video Assistance</a>
WATERBREAK					
	Defense	King/Queen of the Court		10 Minutes	
WATERBREAK					
:21-:35	Passing & Communication	3 Lane Rush	Passing while moving, Leading the pass, Good Finish	10 Minutes	<a href="#">Video Assistance</a>
WATERBREAK					
:31-:39	Games	Scrimmage		10 Minutes	
WATERBREAK					
:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			
<b>Equipment Needed:</b> Age Appropriate Basketball (28.5) Cones Pennies					